

Recovery TRIANGLE OA NEWS

A Publication of the Triangle OA Intergroup— Raleigh, NC

Volume 18, Issue 12

Donations Welcome

December 2004

Twelfth Step Inspiration

Step Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

The Eight Tools of Recovery

*A Plan of Eating
Sponsorship
Meetings
Telephone
Writing
Literature
Anonymity
Service.*

**- OA 12 and 12 and
The Tools of Recovery**

For Today: “I am an instrument of my HP. I carry the message but do not interfere with it.” This quote was read as an inspiration related to the 12th step. I loved it immediately. Then I stepped back and wondered how well I embody or live this possibility. Surely, as often as not, my ego needs and desires commingle with the true message, as I live my life. I cannot know from my mind how much of the time I interfere with the message or how pure the communication and action I offer up to life is. But I do know one thing and that is what I FEEL.

Since my life has been turned over to God more and more, as I return to and remember my HP, before, during, and after most significant situations in my life, I FEEL the river of life running stronger in me. I FEEL love, joy, and mercy more regularly. As these higher feelings return to me, like old friends, there is less room for the small me to doubt myself or to judge others. This is a clarity of conviction. There is a guided quality that rules more of my actions. I gain confidence because that river of life IS confidence... IS everything beautiful. Its power pushes aside the petty, the angry, the betrayed,

and the small feelings. As a result, I feel truer to myself. I feel I know myself more than before and I feel whole and happy more often.

Regarding helping other overeaters by reaching out to them, I know that river of life reaches unqualifiedly to everyone—to family, friends, acquaintances, to business colleagues, to overeaters, to under-eaters... to rich and poor - and it shows me when to veer away from some people too it they will be bad for me. But I have not deeply CHOSEN to reach out to other overeaters.

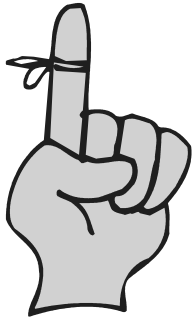
No—that is not true. To the people I meet at meetings, I do reach out. I haven't naturally felt to go much outside the circle on the particular topic of food, however. If someone cares to discuss their food issues and it naturally comes up, I freely share about being a compulsive eater and OA. It helps me to do so because I can be more real, more human... sharing my faults as a human with another. And I believe at times it has allowed another to befriend their less than perfect aspects and if it is their truth, to come to a 12 step program themselves

GT, Chapel Hill

**TOPIC
FOR
January**

Topic for January: **Just for Today.** You can also write about the First Step or Tradition. We are **always** looking for writings to put in the newsletter. Please send your writings to newsletter@triangleoa.org by December 10th. Thanks!

DON'T FORGET! MARK YOUR CALENDARS AND SEND YOUR REP!



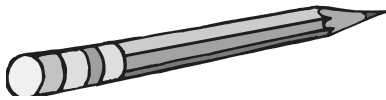
INTERGROUP MEETING FOR December

SATURDAY, December 18, 2003 10 A.M.—NOON
Community United Church of Christ
 (corner of Wade Av. and Dixie Trail—Raleigh)

You may send anyone from your group as a rep.
All groups should be represented, according to our
Seventh Tradition.

Writing for the Newsletter!

The groups on the right have volunteered to contribute writings to the next newsletters.



Individuals can always send contributions to the newsletter at newsletter@triangleoa.org

Month	Group	Topic
January	Tuesday Durham	Step 1, Tradition 1, Just for Today
February	Open!! Available for sign-up!	Step 2, Tradition 2, Conscious Living
March	Open!! Available for sign-up!	Step 3, Tradition 3, Keeping It Real
April	Open!! Available for sign-up!	Step 4, Tradition 4, Sponsorship and Recovery

March 2005 Assembly/Convention Announcements!

- The SOAR Assembly will be at the Sheraton Charlotte Airport **March 11 – 13th, 2005.**
- Triangle IG and Piedmont IG are asking each meeting to donate a gift basket to be raffled off. Themes for baskets can include "Tool Kit", "Cleaning House (i.e. inventory)", and anything else the group comes up with, but recovery themes are appreciated, and at least some attention to including items that men might use as well.
- We are still seeking craft contributions to sell at the Hospitality Boutique.
- We are collecting back issues of Lifelines to put in each registration packet.
- We are now beginning to ask for volunteers to staff the registration table, hospitality boutique and PI table.

For information, please contact Kathy R. (kathytesh@yahoo.com) or Sue M. (msuem@intrex.net)



TRIANGLE INTERGROUP MEETING - October 16, 2004

Who Was Present

Donna M., Aberdeen; Lisa B., Ral. Tues pm; Jim K., Hi Tech Chair; Ron N., Cary Mon pm; Jim C., WSO; Valerie, SOAR Rep; Marcia, Durham Sat.; Sue M., Newsletter Liaison; Karen S., Group Outreach; Mary Anne, Vice Chair; Harriette, Secretary; Virginia, Durham Tues 12:30pm; Judith, Chapel Hill Tues pm; Judy, Fayetteville Tuesday; Kathy R., SOAR Rep

What We Talked About

Treasurer: No report available

Newsletter

- Sue is stepping down as Liaison; requirement for IG positions will be emailed to all reps and posted on the web site; Jim is stepping down as Newsletter Editor; someone is willing to submit their name for nomination and consideration, but will be unable to attend IG as it conflicts with her home group. IG noted that it will be fine to fill this position but the report and newsletters must be submitted each month. Karen has agreed to submit her name for the Liaison position and if elected has agreed to see that the Newsletters are at IG each month.

WSO

- Jim stated at IG that he planned to fulfill his two year commitment to WSO and have his registration and application in as soon as elections closed to meet the WSO business suggested timeline. If someone else is nominated and elected of course this would be moot.

SOAR

- Nothing new to report. The committee however will meet again soon. Kathy did note that Charlotte is having difficulty filling all of the required positions and after another week or so if the individuals have not volunteered, she will look for help from other IGs attending.
- Kathy distributed copies of the proposed SOAR8 Bylaw changes that will be voted on at the next Region meeting in Florida in November. These changes were reviewed with the intergroup and Kathy is collecting feedback.

Group Outreach

- Karen will be stepping down at the end of this term.

Public Information

- Reps are still asked to ask their groups if they are willing to purchase copies of OA literature for their local libraries. Durham Saturday at the Scout Hut has agreed to buy 2-3 copies of literature for the Durham library.

Retreat

- All available scholarships were utilized for the retreat, and as of Oct 16, there had been 4 spaces available for full paying attendees. The deadline for registering, though, was Oct 17. The retreat was held on Oct 29-31.

Hi-Tech

- The web page has been updated. Jim is looking for more input and is requesting email changes. A request was made to have a loop for all SOAR Assembly workers for the event next Spring.

Special Event: No report available

HIPM : Vacant position

Announcements and New Business

- **Nominations:** Technically, all positions for IG are open and nominations are to be submitted at the Nov. meeting. Elections will be held in Dec. IG will look at holding the elections earlier in the future so their won't be a conflict with getting necessary to and from WSO by certain deadlines.
- **Name tags:** Harriette is still seeking name tag holders that may be used for the Assembly. Old Lifelines are needed also as the committee wants to put a copy in each binder for those in attendance. If you have name tag holders, please call or email Harriette at 596-9543 or Harriette.Brinkley@ncmail.net. You may also contact Felecia.
- **Archives:** Harriette agreed to contact the SOAR member who has the email list of all reps and ask that they email her and let her know how groups in their area store IG or Archival "stuff".
- **Structure House** still needs support. There were nine newcomers last week. Several suggestions were offered from individuals committing to showing up to groups taking the challenge and agreeing to supporting the meeting for one month, etc. Judith will get back to reps. Something just needs to be done. We all realize that the time slot is not the best but for the newcomers there, it is a perfect time slot. Many of them do not have cars but the Sun. morning meeting is right in the same building as their morning meal and the meeting starts just at the end of their meal time.
- IG agreed to forward our SOAR Assembly treasurer \$200.00 of which \$100 will be seed money and the rest will reimburse the member who put up the money to help open the bank account.
- **The SOAR Assembly** will be at the Sheraton Charlotte Airport March 11 - 13th. The cost to stay at the hotel will be \$89/night. Feb.22nd is the deadline for early registration and desired room arrangements.
- Adobe Acrobat 6.0 - Jim K., our Hi Tech rep will hold on to the software until IG decides on how to store such items. It was purchased for \$252.90.

Thanks to Harriette for taking the minutes and providing service!

Easy does it.

Writings on Recovery

I'm writing this in a meeting of my home group. As I look around me, I'm grateful for the new attitudes toward other human beings that I have learned in the rooms. Before I came into recovery, I spent my life comparing myself to every person I met. I was looking for differences;

I was looking for some way to feel superior that might bolster me momentarily; I was looking for validation that I was, indeed, a lesser manifestation of the human model who deserved the misery I had been 'dealt' in life. The one thing I was sure of was that, no matter who I was comparing myself with, we were different from one another. Today, I look around assured that the same heart beats inside all the different bodies and faces we wear. I know that the program works because we're all the same. When I share my experience and it comes out phrased in a way I could never compose, I know my Higher Power is using me to help somebody. I know that the same type of message can come to me from my Higher Power using any one of you as an envelope.—Anonymous, Chapel Hill

I'm so grateful for the gift of the OA fellowship in this holiday season. When my real life isn't a Norman Rockwell painting, I know I can share it with others. When the things that are supposed to make the holidays "special," especially the "special" foods, are a torture instead of a treat, I know there are others who will understand. When everything seems chaotic and rushed, trying to buy gifts, go to parties, sending cards, I know I can find refuge and serenity in a meeting. I also know that I have other gifts of this program to help me through hard times and to celebrate good times. I have the guidance of the steps to bring healing to my life. I have the tools to help me connect to those steps and their principles. In my lowest moments, I have something to offer, maybe even because of those low moments, by offering the recovery I have found in this fellowship. Thanks to all of you who keep coming back, keep working the program, keep OA by giving it away.—Anonymous, Chapel Hill

I haven't had any recent experience whereby I carried the message to other compulsive overeaters, but as I continue to practice these steps, I trust that I will have such an opportunity. Carrying the message to me means that I myself am a living example of a person recovering from compulsive eating. In short, that I walk the walk. I know from experience that it feels good to me to help others who want help. Like today for example, a woman asked me to teach her how to crochet a scarf. She added, "to help me with my anxiety." I agreed to do it, especially because keeping my hands busy helps me stay out of the food and reduces my anxiety too. I welcomed the chance to help someone because in so doing, I strengthen my recovery as well.—Monday night Chapel Hill

Gifts of the spirit are generously given when I have the willingness to be open to receive them. When food or my character defects stand between my Higher Power and I, I can't receive gifts or the promises found in the AA Big Book. When I am willing to unlock the door by working the Steps, my Higher Power opens it and I am filled with peace and serenity and acceptance. As the Big Book says, "a simple awareness of a Power greater than ourselves is the essence of spiritual experience." An awareness of and a conscious contact with a loving, accepting, forgiving Higher Power is the greatest gift of the spirit that I have received.

“Principles before personalities” is such a brilliant premise for an organization. It must have been divinely inspired. It means that I must never judge the value of OA by how I feel about the people in the meeting or program. I have been in OA in two countries and give states and meetings are often as different as night and day. Sometimes I feel loved, sometimes I feel respected. Other times, I feel shunned and not part of some inner circle. Often these feelings or beliefs are just another form of my self-will run riot. Sometimes people are acting as I believe. Either way, it doesn't matter. OA is comprised of addicts, like me. Driven by fear and anger, we can all behave badly. However, this is irrelevant. The principles are the key and they drive me to look for the similarities and not the differences. What are these binding principles? We are powerless over food, the desire to stop eating compulsively is the only membership requirement, we must rely on a power greater than ourselves, and help others. So when my mind starts complaining, I try to think about what is really important, what my foundational principles are, and why I belong. This idea about “principles before principles” is the ultimate “keep it simple solution” and ensures that OA will never be a club based on any other bond but the simple reason for which we all show up each week—we need this program to survive.—
Chris, Chapel Hill

I was with some friends at the beach. We were out for dinner and I saw on the menu a dessert “15 layer” sweet thing. This was immediately something I wanted. I ate an abstinent meal of seafood and vegetables. Feeling quite full after eating dinner I nonetheless was thinking of that dessert.

Earlier in the weekend I had told my friends that I had gained weight and was going to stick with a “no sweet dessert” food plan. But it was time for DESSERT!! 15 layer DESSERT!! I announced my desire to my friends. My HP chatted with my friend who reminded me of the commitment I'd made earlier in the weekend and my stated reason for doing this.



We waited for awhile, drinking coffee and talking. The DESSERT was still on my mind. I asked the waiter if the dessert was good. HP had talked to my waiter too! He said it wasn't something he liked and explained why he didn't like it. Alas, the temptation was gone and the day's commitment was maintained. Thanks HP.—Anonymous Monday night Chapel Hill

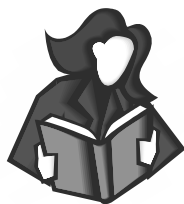
Intuition--God's message to me. First of all, I have to hear anything except the crinkling of wrappers or my teeth chomping. Today when I'm quiet, I can hear God's words to me whether it's words being shared at a meeting, literature I read or even a friends eager listening, all of these ways I can hear solutions to my problems. God is everywhere, even in my intuition, where God's words come through me. Thank you God for the tool of writing.

Need to Read?

Triangle OA Recovery News

\$7.50/yr.
(checks payable to
Triangle Intergroup)

Triangle Intergroup
P.O. Box 20356
Raleigh, NC 27619



Lifeline

\$15/yr.; \$28/2 yrs; \$39/3 yrs.
(Checks payable to Lifeline)

Lifeline
P.O. Box 44697
Rio Rancho, NM 87174-4697

SOAR 8 Newsletter! Now available on the web: www.oaregion8.org

Report From Region 8 Meeting, Nov. 5-7, 2004, Orlando, FL

I'd like to begin this report with gratitude to the intergroup for sending me and Valerie to the Region meeting. Every time I go, my recovery is recharged, and I grow more. I always get something I need that I bring home. I hope everyone will come to the Convention/Assembly in March, and come home with the same experience, and I hope everyone will read this report to see the great work that goes on at every Region meeting.

There is always so much to share from Region meeting, but I will try to be concise and give the highlights. There are many reports as part of the format. I'm summarizing the ones below that I think are most relevant to Triangle Intergroup:

- The July assembly final report was given. (This is relevant to us because it gives us feedback on what we can expect in March.) The July Assembly/Convention had a lot of willingness and service by local OA'ers. They made a profit of \$5175 total, so Region 8 got \$2500 and the local IG got \$2500. (We will get half of the local part of profits in March, so we may get \$1250 for Triangle IG if we all work together!) A total of 146 OAers pre-registered and there were 46 walkins. (I hope we can have at least that many in Charlotte in March!)
- Our trustee, Charlie, gave his report, noting that all intergroups are being asked to bring their bylaws into compliance (same structure) as proposed by WSBC. Charlie told me that a bylaws checklist has been sent to Triangle IG, and I will try to find out who has it and what changes are requested. Charlie also asks that intergroups continue to update WSO about meeting list changes, and notes that US Mail is still the best way to do this. Charlie also reports there is a PI booth that can be shipped and assembled for intergroups to use at professional conferences for PI/HIPM. We can contact Charlie or WSO if we want to use it. PI/HIPM, ie, outreach to professionals, is part of the OA Board of Trustees strategic plan to help spread the message. Charlie continues to encourage groups and intergroups to have a Designated Downloader who can help share the "goodies" that are available for free on the WSO and Region websites.
- The Region 8 treasurer, Ray Frye, noted for all intergroups that Region 8 does not have a tax-exempt status to share with intergroups. This is because tax-exempt status is granted by each state. Thus, all intergroups that wish tax-exempt status will need to use the appropriate forms with their state revenue services. Also, Ray reminds us to please be sure to put the intergroup or group number on all our Region 8 donation checks, and to submit all requests for Region 8 monies on the appropriate voucher form from the Policy and Procedure manual.
- I met with the Intergroup Outreach Committee, where we continue to work on connecting unaffiliated local groups with the nearest intergroup and Region 8, and we continue to reach out to Central and South America. We process rep funding requests, and funded one rep for the November Assembly and have approved another one for Charlotte. We continue to maintain a Speaker's Bureau for groups and intergroups to access. Our Rep Funding subcommittee will process the extra WSO delegate applications (more about that below).
- All intergroups are receiving a letter asking for a special donation this year "beyond the 7th tradition." This is primarily because we have the opportunity to send five extra delegates from our Region to the World Service Business Conference in May 2005 and will need extra funds to pay their travel. Valerie picked up the Triangle IG packet to distribute as many letters as possible at the intergroup meeting and save postage.
- PI/HIPM will be creating and donating a booth to Piedmont/Triangle IG at the March 2005 Assembly/Convention, as they do at every Region meeting. They have extra boards available for purchase for \$15. There is a "What Works" document for PI/HIPM; Stacie Frye, region PI/HIPM chair, can help connect to it.
- IG Chairs committee has WSBC tapes available to lend for anyone intergroup that wants them, and continues to offer the intergroup chairs email loop.
- The Business Assembly voted on and passed several items. We have a new Region 8 secretary, Judy Kouri, and a new Region 8 vice-chair, Janice Sullivan. We passed the new Bylaws, per the draft presented at the October Triangle Intergroup meeting. We passed the 2005 budget and a policy and procedure update for how we will choose and fund the five extra WSBC delegates for 2005 and any future years when we can send extra delegates.
- Region 8 is accepting applications for people who want to be general Region 8 WSBC delegates. See me (Kathy R) if you are interested in applying, and I can review the qualifications and process with you.

Besides the regular Assembly business, the Triangle and Piedmont attendees met and discussed our planning for the upcoming March 2005 Business Assembly/Recovery Convention, and I sent a report for the December newsletter. Keep announcing this in the meetings, please, and keep reminding OAers of service opportunities for this event.

I chose not to include every detail of the business meeting in my report because of length. There will be official minutes available that will be mailed in January 2005, and I will happily share them with anyone who is interested.

Again, I'm grateful for this opportunity for service and how it continues to inspire my recovery.

- Kathy Roundtree, Region 8 representative

New to OA?

If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this newsletter to find a meeting, call a member, or receive literature.

The Serenity Prayer

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

On Step 12:

“Service in OA has been a surprisingly powerful factor in our recovery.”

(OA 12 & 12, p. 101)



Speakers, Sponsors, and Phone Buddies

If you would like to add your name to the list, please contact Elizabeth C. at 919-929-5936 or email newsletter@triangleoa.org.

Name	Phone	Best Time	Speaker	Sponsor
Alice H.	919-467-8786	before 9pm	yes	yes
Scott P.	919-835-1410	any	yes	yes
Valerie R.	919-859-2832	before 9pm	yes	yes
Neill M.	919-789-9402	before 10pm	yes	yes
Becci	919-949-2238	any	yes	yes
Marcia W.	919-544-8734	any	yes	yes
Felicia	919-682-0870	any	yes	temp
Harriette	919-596-9543	any	yes	temp
Elizabeth C.	919-929-5936	any	yes	temp
Jim K.	919-303-8985	any	yes	no
Tammy M.	919-303-1802	before 9:30pm	yes	no
Watson	919-571-8330	before 9:30	yes	yes
Liz	919-661-0183	any	yes	yes
Leilani	919-387-1859	M-F before 5pm	yes	no
Dianne A.	919-787-1337	before 9:30pm	yes	no
Julie B.	919-790-0692	before 11pm	yes	yes
Lisa B.	919-752-0213	any	no	no
Tricia S.	919-247-1067	any	no	no
Mike	919-749-5371	any	no	no
Evelyn	919-848-6798	any	no	no
Ava	919-481-4864	before midnight	no	no
Dannette	919-862-9118	any	no	no
Karen	919-819-6089	before 12:30am	no	no
Jennifer	919-637-5355	before 10pm	yes	no

Phone Buddies: A phone buddy is someone who is willing to take OA-related calls. Everyone on the list above is an OA Phone Buddy. Having a hard time or just need to talk? Give them a call!

Sponsor: A sponsor is someone who can work more closely with you as you work on your recovery. A “temp” sponsor is someone who can help you on a temporary basis until you find a long-term sponsor.

Speaker: A speaker is someone who is willing to speak from their own experience and tell their story in OA meetings.

Looking For A Meeting?

(919) 406-9300 - Triangle Area (Aberdeen, Cary, Chapel Hill, Durham, Fayetteville, Hillsborough, Raleigh)

(336) 545-8008 - Triad Area (Greensboro, High Point, Jefferson, Wilkesboro, Winston-Salem)

(704) 319-1625 - Piedmont Area (Charlotte, Kings Mountain, Statesville, Concord, Monroe, Gastonia, Shelby, Salisbury, Hickory, Blowing Rock)

(888) 889-8226 - Crystal Coast (Havelock, Greenville, Wilson)

(864) 282-0105 - Upstate South Carolina (828) 258-4821 - Western NC (mountains) (800) 308-2940 - Wilmington Area

(505) 891-2664 - OA World Service Office, fax (505) 891-4320; www.overeatersanonymous.org

Registered OA service bodies may reprint individual articles from *Triangle OA Recovery News* for limited personal and group use, crediting *Triangle OA Recovery News* and Overeaters Anonymous.

Triangle Intergroup (#09314) Overeaters Anonymous Meetings for Winter 2005

Aberdeen

- Tuesday, 10:30am-11:30am; Aberdeen Bldg. Wilder Ave. Kaye (910) 692-1812 (S, S/D, N, HA)
- Thursday, 8-9pm; Bethesda Presbyterian Church, 1002 N Sandhills Blvd; Aileen, (910) 295-1840 (S, S/D, N, HA) (#06494)

Cary

- Monday, 7:30-9pm; Greenwood Forest Baptist Church, 110SE Maynard Rd. Room 6A; Carla S, (919) 467-3458 (D, HA, N, S, T) (#10387)
- Sunday, 7-8:30pm; Seventh-day Adventist Church, 4805 Dillard Drive (Corner Tryon/Dillard); Call Suzanne, (919) 779-1287, before attending. (V, HA, W) (#47262)

Chapel Hill

- Sunday, 4:30-5:30pm; Holy Trinity Luthern Church, 300 E. Rosemary St. (Augsburg Room); Lauren, (919) 967-8631 (S, T, HA) (#27355)
- Monday, 7:30-8:30pm; Same location as Sunday; Micaela, (919) 383-0937, Linda (919) 933-1355 (V, HA, N) (#02519)
- Tuesday, 6-7pm; Evergreen United Methodist Church, US 15-501 (1/4 mi S of Cole Pk Plaza); Elizabeth (919) 929-5963 (BB, HA) (#32098)
- Thursday, 7-8pm; Same location as Sunday; Mary Anne (919) 968-0304 (L, HA) (#12897)

Durham

- Tuesday, 12:30-1:30pm; St Phillip's Episcopal Church, 403 E Main St (in Education Bldg Library); Robin A (919) 683-3013 (V, HA, BL, W) (#28531)
- Saturday, 10-11:30am; Westminster Presbyterian Church, 3639 Old Chapel Hill Rd (Youth Hut); Hariette B (919) 596-9543 (N, V) (#45514)
- Sunday, 10:00 Newcomer's Meeting, 10:30 Regular meeting; Structure House, Room 220, Second Floor, 3017 Pickett Rd.; Judith T (919) 542-6722 (V, HA, N) (#20756)

Fayetteville

- Tuesday, 7-8pm; Westminster Presbyterian Church, 2505 Villiage Dr at Purdue Ave; Kristin (910) 257-8590, Mitzi (910) 423-2577 (S, D, HA, L, V) (#37188)
- Saturday, 11-12pm; VA Medical Center, 2300 Ramsey St (Appalachian Blessing); Suellen (910) 488-3349 (V, HA, S, T, D) (#33594)

Hillsborough

- Wednesday, 7:30-9pm; Hillsborough Presbyterian Church, Churton and Tryon Streets; Robin L. (919) 732-0936, Alisa (919) 490-5878 (S/D, T) (#33461)

Raleigh

- Monday, 12:30-1:30pm; Grace Lutheran Church, 5010 Six Forks Rd Room 3; Cathy C. (919) 848-6963 (D, HA) (#32458)
- Tuesday, 7:30-9pm; Same location as Monday; Scott (919) 835-1410 (D, S, N, HA, S/D) (#04874)
- Wednesday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (S, T, HA) (#20285)
- Thursday, 7:30-9pm; Highland UMC, Class Bldg, 2nd Floor, Ridge Rd at Lake Boone Tr; Evelyn (919) 848-6798, Jim K. (919) 303-8985 (D, N, HA) (#08041)
- Friday, 12:30-1:30pm; Same location as Monday; Cathy C. (919) 848-6963 (L, HA) (#32459)
- Saturday, 9-10am; Holy Trinity Lutheran Church, 2723 Clark Ave, @ Brooks St enter Education Bldg, Rm 200; Jim C. (919) 773-0477 (S, T, C) (#16772)

Rocky Mount

- Thursday, 7-8pm; Nextcare Specialty Hospital, 1031 Noell Lane; Dale (252) 407-8114 (D, L, HA, V) (#45038)

Newcomer's Meetings

Newcomer meetings are available on meetings marked with an "N" above. Those meetings are Aberdeen Thursday, Cary Monday, Chapel Hill Monday, Durham Saturday, Durham Sunday, Raleigh Tuesday, and Raleigh Thursday.

Triangle meeting information: (919) 406-9300. See page 7 for additional meeting information.

BB	Study of the AA Big Book	N	Newcomers' meeting available	BL	Okay to bring your lunch
D	Discussion of OA-related topics	V	Format of meetings varies	C	Closed meeting
S	Study of the OA 12 steps	T	Study of the OA 12 traditions	L	Study of OA literature
W	Meeting may include writing	HA	Accessible to people with handicaps	S/D	Speaker and Discussion

Please send any changes to this list to: newsletter@triangleoa.org